



...newsletter

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Discounting leads to passivity

If you read last month's newsletter and feel that discounting may be something that you do, then you need to know that discounting leads to passive behaviour. The two go hand in hand. Don't be fooled into thinking that passivity means doing nothing. On the contrary, you can be running around doing all sorts of things and being busy, busy, busy, and still be behaving passively. When you are busy doing everything but the one thing that is needed, that is passive behaviour.



Discounting and passivity are usually present when you are not taking a responsibility for yourself

There are six types of passive behaviour:

Doing nothing about a problem – When you do nothing about a problem, one of four things is liable to happen. Other people involved do nothing either, or they come and do it for you. Others may criticise or moralise about how bad you have been, or they pester you to do it. If the problem does eventually get solved it is because of pressure and coercion that you decide to do something, or someone else steps in and does it for you (rescuing you), just like mummy and daddy used to. You are running an old pattern and getting **'taken care of'**, and in doing so you do not learn to think and behave in a more effective responsible way. This is passive behaviour.

Are you passively discounting yourself, all that you are and all that you are capable of being?

Over adaptation – This means modifying your behaviour because of what you think that another would feel, think or do if you were to act in a certain manner. When you are over adapting, you are taking care of another person without his or her knowledge or consent, and doing so in an ineffective way. Remember perception is projection. You may be doing this because you believe you are meeting the other persons 'needs' by, for example, adjusting to what you believe to be their secret desire for you to keep your mouth shut; wear a certain article of clothing; or not expressing what you are feeling. Again you are running an old pattern the same as you had with your caretaker when you were a child. It may well have been that you perceived that you had to be the caretaker for your caretaker and so, passively, you ignored your own needs and wants.

If you are guilty of making assumptions remember that when you ASSUME you are in danger of making an ASS- of- U- and ME.

Agitation – This is defined as any repetitive non-goal-directed behaviour. So, foot-tapping, obsessive worrying, smoking a cigarette and pacing the floor are all good examples of agitation. This behaviour is an indication that you are thinking or

feeling something that you are not dealing with effectively. Agitation is an invitation to a caretaker to come play the co-dependency game with you. When someone agitates, others will often jump in to offer comfort, advice or criticism. Sometimes the caretaking does help the person to stop agitating and to return either to doing nothing or to go to over adapting, but it seldom helps a person to stop being passive. Indeed caretaking usually serves to reinforce the passivity. However, if you have taken care of me because of my passive behaviour, that behaviour has worked for me and I have succeeded in establishing some kind of co-dependency with you, and you are rescuing me.

Do you ever find yourself indulging in agitation and being told, "Stop pacing up and down, you'll wear out the carpet" or "Worrying won't help"?

Super Agitation or Incapacitation – This occurs when you somehow render yourself incapable of coping with a problem effectively. Incapacitation can take the form of getting sick, passing out, getting drunk, becoming hysterical or becoming psychotic. When people become incapacitated, typically they get taken care of by the police, some other legal authority, a well meaning bystander, a hospital, friends or relatives. The person may believe that he can't deal with his own feelings, he can't solve the problem, others won't understand, or he may be rationalising or discounting the significance of the problem to such an extent that he fails to focus on his own ability to cope. He may mentally see pictures of himself failing, and/or sense a great discomfort about doing something, indeed doing anything. When I behave like this, again I am passively ignoring me and focussing on what I can't do, what I don't want etc, and trying even harder to hook you in to rescue me.

Have you ever found yourself unable to complete a task because you felt yourself incapacitated in some way? If so, what was that all about?

Passive violent behaviour – Remember passivity is referred to as ineffective problem solving. If violence solves the problem, it is not passive, but if it does not solve the problem, it is passive or ineffective. Often people become violent as a result of holding in feelings. If you hold in enough small irritants, disappointments, losses, fears anger and sadness, sometimes you might '**lose it**' and resort to violence.

Remember – it is very difficult to keep your thumb on the top of a soft drink bottle that is being shaken up and down again and again.

Passive aggressive behaviour – This behaviour is a form of rebellion, and again a pattern of behaviour that developed in childhood. It starts with an infant who tries to separate from his parent/carer to show that he can do things on his own, but who is not allowed to, or feels rejected when he does so. This pattern regularly reappears, often far more strongly, in the child's teenage years. If the child is not allowed to rebel or is rejected for rebelling, he will tend to act in passive, aggressive, ineffective ways. Passive aggression in an adult is an indirect and ineffective expression of anger, manifest through forgetting, procrastinating, and doing things differently from the way agreed upon. One of the reasons that passive aggressive behaviour is difficult to deal with is that, very often, the person engaging in the behaviour has splendid excuses for it, and presents them in such a way that the person being discounted is not sure whether he is making a mountain out of a molehill. People who agree or silently assent to doing something when they really don't want to, will often do it wrong, forget to do it, or procrastinate or even miss deadlines. "Yes, I'm taking out the rubbish (knowing that there will be all hell to pay if I don't) and, dear me, I accidentally tripped and spilled the rubbish all over the garden path." This is covert rebellion. If these people would take the time to listen to themselves and be straight about their opposition or anger, it is possible that their underground rebellion would diminish if not disappear.

Is there a passive aggressive in your life? Is it perhaps you?

So there you have it. I hope you now can see how important it is to recognise whenever you are discounting, because you are behaving passively.

Passive behaviour is ineffective behaviour!

I would like to remind everyone of my services as a highly effective one-on-one performance coach. These sessions draw on my experiences as a Master Practitioner and Trainer of NLP and EFT. If you know of anyone who is looking for, or might be interested in such services, please pass on my details. For a limited period of the next three months (June, July and August) I am offering a one third discount on my normal charges to anyone who comes to me via such a referral, or to anyone who makes a referral.

Sincerely,

Sheena Wheatley

Changing Perceptions

email: sheena@changingperceptions.org.uk

phone: 0131 220 0037

web: <http://www.changingperceptions.org.uk>
